

**Full Report (All Nutrients) 09282, Plums, canned, purple, juice pack, solids and liquids**

**Report Date: June 30, 2017 23:54 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.7 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:5% Refuse Description: Pits**

| Nutrient                    | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup, pitted 252g | 1 plum with liquid 46g |
|-----------------------------|------|------------------|-------------|------------|--------------------|------------------------|
| <b>Proximates</b>           |      |                  |             |            |                    |                        |
| Water                       | g    | 84.02            | 6           | 0.327      | 211.73             | 38.65                  |
| Energy                      | kcal | 58               | --          | --         | 146                | 27                     |
| Energy                      | kJ   | 243              | --          | --         | 612                | 112                    |
| Protein                     | g    | 0.51             | 6           | 0.031      | 1.29               | 0.23                   |
| Total lipid (fat)           | g    | 0.02             | 6           | 0.003      | 0.05               | 0.01                   |
| Ash                         | g    | 0.30             | 6           | 0.009      | 0.76               | 0.14                   |
| Carbohydrate, by difference | g    | 15.15            | --          | --         | 38.18              | 6.97                   |
| Fiber, total dietary        | g    | 0.9              | --          | --         | 2.3                | 0.4                    |
| Sugars, total               | g    | 14.22            | --          | --         | 35.83              | 6.54                   |
| <b>Minerals</b>             |      |                  |             |            |                    |                        |
| Calcium, Ca                 | mg   | 10               | 6           | 0.139      | 25                 | 5                      |
| Iron, Fe                    | mg   | 0.34             | 6           | 0.040      | 0.86               | 0.16                   |
| Magnesium, Mg               | mg   | 8                | 6           | 0.157      | 20                 | 4                      |
| Phosphorus, P               | mg   | 15               | 6           | 1.009      | 38                 | 7                      |
| Potassium, K                | mg   | 154              | 6           | 6.983      | 388                | 71                     |
| Sodium, Na                  | mg   | 1                | 6           | 0.126      | 3                  | 0                      |
| Zinc, Zn                    | mg   | 0.11             | 6           | 0.005      | 0.28               | 0.05                   |
| Copper, Cu                  | mg   | 0.054            | 6           | 0.004      | 0.136              | 0.025                  |
| Manganese, Mn               | mg   | 0.033            | --          | --         | 0.083              | 0.015                  |
| Selenium, Se                | µg   | 0.0              | --          | --         | 0.0                | 0.0                    |

**Vitamins**

| Nutrient                       | Unit | 1 Value<br>Per100 g | Data<br>points | Std. Error | 1 cup, pitted<br>252g | 1 plum with liquid<br>46g |
|--------------------------------|------|---------------------|----------------|------------|-----------------------|---------------------------|
| Vitamin C, total ascorbic acid | mg   | 2.8                 | 6              | 0.445      | 7.1                   | 1.3                       |
| Thiamin                        | mg   | 0.023               | 6              | 0.001      | 0.058                 | 0.011                     |
| Riboflavin                     | mg   | 0.059               | 6              | 0.006      | 0.149                 | 0.027                     |
| Niacin                         | mg   | 0.473               | 3              | 0.065      | 1.192                 | 0.218                     |
| Pantothenic acid               | mg   | 0.072               | --             | --         | 0.181                 | 0.033                     |
| Vitamin B-6                    | mg   | 0.027               | --             | --         | 0.068                 | 0.012                     |
| Folate, total                  | µg   | 3                   | --             | --         | 8                     | 1                         |
| Folic acid                     | µg   | 0                   | --             | --         | 0                     | 0                         |
| Folate, food                   | µg   | 3                   | --             | --         | 8                     | 1                         |
| Folate, DFE                    | µg   | 3                   | --             | --         | 8                     | 1                         |
| Choline, total                 | mg   | 1.3                 | --             | --         | 3.3                   | 0.6                       |
| Vitamin B-12                   | µg   | 0.00                | --             | --         | 0.00                  | 0.00                      |
| Vitamin B-12, added            | µg   | 0.00                | --             | --         | 0.00                  | 0.00                      |
| Vitamin A, RAE                 | µg   | 50                  | 6              | 2.184      | 126                   | 23                        |
| Retinol                        | µg   | 0                   | --             | --         | 0                     | 0                         |
| Carotene, beta                 | µg   | 554                 | --             | --         | 1396                  | 255                       |
| Carotene, alpha                | µg   | 0                   | --             | --         | 0                     | 0                         |
| Cryptoxanthin, beta            | µg   | 102                 | --             | --         | 257                   | 47                        |
| Vitamin A, IU                  | IU   | 1009                | 6              | 43.675     | 2543                  | 464                       |
| Lycopene                       | µg   | 0                   | --             | --         | 0                     | 0                         |
| Lutein + zeaxanthin            | µg   | 49                  | --             | --         | 123                   | 23                        |
| Vitamin E (alpha-tocopherol)   | mg   | 0.18                | --             | --         | 0.45                  | 0.08                      |
| Vitamin E, added               | mg   | 0.00                | --             | --         | 0.00                  | 0.00                      |
| Vitamin D (D2 + D3)            | µg   | 0.0                 | --             | --         | 0.0                   | 0.0                       |
| Vitamin D                      | IU   | 0                   | --             | --         | 0                     | 0                         |
| Vitamin K (phylloquinone)      | µg   | 4.3                 | --             | --         | 10.8                  | 2.0                       |
| <b>Lipids</b>                  |      |                     |                |            |                       |                           |
| Fatty acids, total saturated   | g    | 0.002               | --             | --         | 0.005                 | 0.001                     |
| 4:0                            | g    | 0.000               | --             | --         | 0.000                 | 0.000                     |
| 6:0                            | g    | 0.000               | --             | --         | 0.000                 | 0.000                     |
| 8:0                            | g    | 0.000               | --             | --         | 0.000                 | 0.000                     |
| 10:0                           | g    | 0.000               | --             | --         | 0.000                 | 0.000                     |
| 12:0                           | g    | 0.000               | --             | --         | 0.000                 | 0.000                     |

| Nutrient                           | Unit | 1<br>Value<br>Per100 g | Data<br>points | Std. Error | 1 cup, pitted<br>252g | 1 plum with liquid<br>46g |
|------------------------------------|------|------------------------|----------------|------------|-----------------------|---------------------------|
| 14:0                               | g    | 0.000                  | --             | --         | 0.000                 | 0.000                     |
| 16:0                               | g    | 0.001                  | --             | --         | 0.003                 | 0.000                     |
| 18:0                               | g    | 0.000                  | --             | --         | 0.000                 | 0.000                     |
| Fatty acids, total monounsaturated | g    | 0.014                  | --             | --         | 0.035                 | 0.006                     |
| 16:1 undifferentiated              | g    | 0.000                  | --             | --         | 0.000                 | 0.000                     |
| 18:1 undifferentiated              | g    | 0.014                  | --             | --         | 0.035                 | 0.006                     |
| 20:1                               | g    | 0.000                  | --             | --         | 0.000                 | 0.000                     |
| 22:1 undifferentiated              | g    | 0.000                  | --             | --         | 0.000                 | 0.000                     |
| Fatty acids, total polyunsaturated | g    | 0.005                  | --             | --         | 0.013                 | 0.002                     |
| 18:2 undifferentiated              | g    | 0.005                  | --             | --         | 0.013                 | 0.002                     |
| 18:3 undifferentiated              | g    | 0.000                  | --             | --         | 0.000                 | 0.000                     |
| 18:4                               | g    | 0.000                  | --             | --         | 0.000                 | 0.000                     |
| 20:4 undifferentiated              | g    | 0.000                  | --             | --         | 0.000                 | 0.000                     |
| 20:5 n-3 (EPA)                     | g    | 0.000                  | --             | --         | 0.000                 | 0.000                     |
| 22:5 n-3 (DPA)                     | g    | 0.000                  | --             | --         | 0.000                 | 0.000                     |
| 22:6 n-3 (DHA)                     | g    | 0.000                  | --             | --         | 0.000                 | 0.000                     |
| Fatty acids, total trans           | g    | 0.000                  | --             | --         | 0.000                 | 0.000                     |
| Cholesterol                        | mg   | 0                      | --             | --         | 0                     | 0                         |
| <b>Amino Acids</b>                 |      |                        |                |            |                       |                           |
| Threonine                          | g    | 0.011                  | --             | --         | 0.028                 | 0.005                     |
| Isoleucine                         | g    | 0.010                  | --             | --         | 0.025                 | 0.005                     |
| Leucine                            | g    | 0.014                  | --             | --         | 0.035                 | 0.006                     |
| Lysine                             | g    | 0.011                  | --             | --         | 0.028                 | 0.005                     |
| Methionine                         | g    | 0.004                  | --             | --         | 0.010                 | 0.002                     |
| Cystine                            | g    | 0.003                  | --             | --         | 0.008                 | 0.001                     |
| Phenylalanine                      | g    | 0.011                  | --             | --         | 0.028                 | 0.005                     |
| Tyrosine                           | g    | 0.004                  | --             | --         | 0.010                 | 0.002                     |
| Valine                             | g    | 0.012                  | --             | --         | 0.030                 | 0.006                     |
| Arginine                           | g    | 0.009                  | --             | --         | 0.023                 | 0.004                     |
| Histidine                          | g    | 0.008                  | --             | --         | 0.020                 | 0.004                     |
| Alanine                            | g    | 0.019                  | --             | --         | 0.048                 | 0.009                     |
| Aspartic acid                      | g    | 0.162                  | --             | --         | 0.408                 | 0.075                     |
| Glutamic acid                      | g    | 0.024                  | --             | --         | 0.060                 | 0.011                     |

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|----------------|------|------------------------|----------------|------------|-----------------------|---------------------------|
| Glycine        | g    | 0.008                  | --             | --         | 0.020                 | 0.004                     |
| Proline        | g    | 0.022                  | --             | --         | 0.055                 | 0.010                     |
| Serine         | g    | 0.013                  | --             | --         | 0.033                 | 0.006                     |
| <b>Other</b>   |      |                        |                |            |                       |                           |
| Alcohol, ethyl | g    | 0.0                    | --             | --         | 0.0                   | 0.0                       |
| Caffeine       | mg   | 0                      | --             | --         | 0                     | 0                         |
| Theobromine    | mg   | 0                      | --             | --         | 0                     | 0                         |